

# **SCBA**

More information at: [YouthBaseballInfo.com](http://YouthBaseballInfo.com)

## **Ragball**

### **Fielding**

Toilet, Alligator, Eggs, Dance

### **Hitting**

Hold bat in fingers

Short stride (4-6 inches)

Swing Down on ball

### **Base running**

Run through First (turn right, unless first base coach instructs otherwise)

## **Fielding**

### Ground Balls

1. Sit on the Toilet – “Toilet”
  - Good fielding stance, athletic posture
  - Keeps butt down, solid frame
2. Alligator Eats dirt – “Alligator”
  - Two hands, in front of body
  - Keeps glove down, react up
3. Collect Easter Eggs – “Eggs”
  - Soft hands, cradle towards body
  - Centers ball, prepares body for throw
4. Do the Dance – “Dance”
  - Feet always moving, able to react
  - Gets momentum moving towards target

## **Batting**

### The Tee Drill

An absolute essential - you should use tee drills at almost every practice. Major league baseball players hit off of a batting tee every single day, and your players will reap similar benefits. All you need to run a tee drill is a batting tee and either a net of some sort or a nice section of chain link fence.

Make sure that your hitters do not contact the tee. If the ball pops up, the batter is likely hitching or dipping his swing. Adjust the tee every few swings to work the entire range of pitches the batter might see - inside and outside, high and low. The tee gives you a great opportunity to focus on particular holes in your players' swings.